

## Primary Care Providers Keep You Healthy



## and Take Care of You When You Get Sick

- 1. Like a car- your body needs regular check-ups
- 2. It is important that one health provider helps to take care of your basic health needs- not just a part of your body like many specialists do
- 3. Primary care providers help you in many different ways
  - ▼ They teach you how to stay healthy
  - ▼ They can treat you before your health problems become serious
  - ▼ They help you to keep your immunizations up-to-date thus preventing illnesses that can cause:
    - ◆ Pain
    - ♦ Fever
    - ♦ Coughs
    - Sore throats
    - Hearing loss
- ♦ Blindness
- ◆ Crippling
- ♦ Brain damage
- ♦ Death
- ▼ They refer you to specialty care when you need it
- 4. Caring for yourself when you are sick takes a lot of time- your life is much easier when you stay as healthy as possible

